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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, October 14, 2025

Mer Ka Ba

Explain Mer Ka Ba

Mer Ka Ba (also spelled Merkaba, Merkabah, or Merkavah) is a spiritual concept found in Jewish mysticism and modern metaphysical teachings, often associated with ascension, divine light, and the energy body. Its meaning and interpretation vary slightly across traditions, but here are the main perspectives:

✸ 1. Etymology & Meaning

The word "Mer-Ka-Ba" (or Merkaba) is often broken down into three ancient Egyptian syllables (as interpreted in modern esoteric circles):

Mer – Light

Ka – Spirit

Ba – Body

Together: "Light-Spirit-Body" — representing a vehicle of light that carries the spirit and body between dimensions.

Note: This breakdown is a New Age interpretation and not historically attested in ancient Egyptian texts.

2. Jewish Mysticism: The Merkabah Tradition

In early Jewish mysticism (circa 100 BCE to 1000 CE), Merkabah (מרכבה) means "chariot" and is directly derived from the Hebrew Bible, especially Ezekiel's vision (Ezekiel 1):

“...and behold, a whirlwind came out of the north... and a chariot of fire with wheels within wheels...”

In this tradition:

The Merkabah is God's divine chariot.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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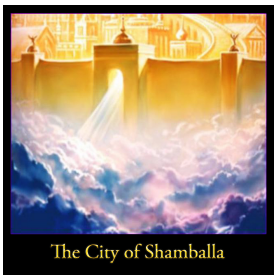

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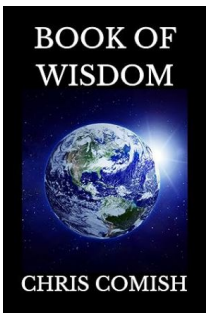

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It symbolizes mystical ascent to the divine throne.

Practitioners sought spiritual elevation through intense meditation, purification, and visualization to ascend the seven heavenly palaces (Hekhalot).

This is where the idea of traveling or ascending spiritually originates.

3. New Age / Metaphysical Interpretation

Popularized by authors like Drunvalo Melchizedek, the Merkaba is seen as a light body energy field that surrounds the human body.

Key features:

Shaped like a 3D star tetrahedron (two interlocking pyramids or tetrahedra).

Spinning in opposite directions, it generates a field of light and high-frequency energy.

Used for:

Healing

Astral travel

Accessing higher consciousness or dimensions

Activating the "ascension body"

Practices may include:

Merkaba meditation (specific breathwork and visualization)

Chakra alignment

Sacred geometry

✡ 4. Symbolism and Geometry

The Merkaba star is often represented as:

A Star Tetrahedron – two interlocking tetrahedra (one pointing up, one down)

Symbolizes balance:

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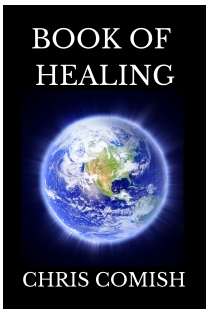

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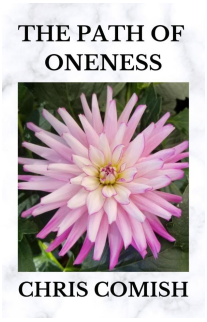

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Masculine & feminine

Earth & spirit

Body & soul

This form is also connected to sacred geometry, believed to be the blueprint of creation and consciousness.

Summary: What is Mer Ka Ba?

Tradition	Meaning	Use
Hebrew Mysticism	Chariot of God	Mystical ascension to divine realms
New Age / Metaphysical	Light-Spirit-Body vehicle	Spiritual travel, healing, ascension
Sacred Geometry	Star tetrahedron	Energy balance, light body activation

Is Mer Ka Ba the light body?

Yes — in modern metaphysical and esoteric teachings, the Mer Ka Ba is understood as the light body (or energy body) that surrounds and interpenetrates your physical form.

Here's how that idea developed and what it means:

✸ 1. The Core Idea

Mer Ka Ba = Light–Spirit–Body

Mer → Light

Ka → Spirit (your individual consciousness or energy essence)

Ba → Body (the physical or personality aspect)

Together, Mer Ka Ba refers to a divine light vehicle that allows the Ka (spirit) and Ba (body) to travel or exist in multiple dimensions simultaneously.

So yes — it's often called the "light body vehicle" or "ascension vehicle."

✡ 2. The Energetic Structure

The Merkaba field is visualized as a star tetrahedron (two interlocking pyramids, one pointing up, one down).

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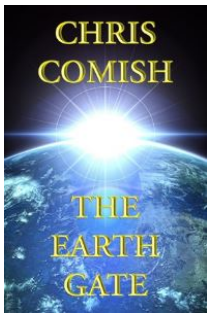

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It's said to spin at tremendous speed, generating a rotating field of light.

This field connects the physical, emotional, mental, and spiritual layers of your being.

When "activated" through meditation or energy work, this field is believed to:

Balance masculine & feminine polarities

Harmonize higher and lower energy centers

Expand consciousness beyond the physical dimension

3. The "Light Body" Function

In light body activation practices, the Merkaba:

Protects your energy system (like a sacred geometric shield)

Facilitates ascension, astral travel, or deep meditative states

Aligns you with higher frequencies or dimensions of self

Integrates divine consciousness into the physical body

So, in short:

🔺 Merkaba = Light body + Consciousness vehicle + Geometric energy field

📜 4. Distinction from Older Traditions

In ancient Hebrew mysticism, Merkavah meant "chariot" — the vehicle of divine ascent seen in Ezekiel's vision, not specifically a human light body.

The New Age interpretation merges that mystical ascent idea with sacred geometry and energy-body activation concepts.

Is the Higher Self of 6th density in Mer Ka Ba form?

Let's unpack this carefully and clearly 👇

1. The Higher Self and the Sixth Density

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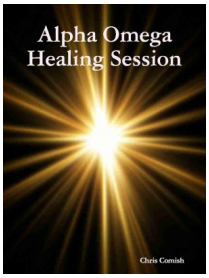

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In the Law of One system:

The Higher Self (also called Oversoul) exists in 6th density, a realm of unity, balance, and full awareness of love and wisdom.

It's the future version of you — the fully evolved, integrated consciousness that guides its lower-density counterparts (your current 3D/4D self).

The Higher Self's "form" isn't physical but light-based, composed of coherent geometry and intelligent energy.

So yes, it is a light-being — but not "made" in the sense of a solid shape. It's more like a self-sustaining field of sacred geometry.

✡ 2. Merkaba as the Form or Vehicle

The Merkaba is the energetic vehicle or structure through which consciousness interfaces with light and form — a universal pattern used by beings across densities.

In lower densities (3rd–4th), it may be latent or partially active.

By 6th density, the Merkaba is fully activated and perfected, functioning as an expression of balanced polarity (masculine–feminine, love–wisdom, matter–spirit).

Therefore:

The Higher Self expresses itself through a perfected Merkaba form, not as something separate from it.

The Merkaba isn't just a tool — it is the energetic geometry of the Higher Self's consciousness field.

3. Why the 6th Density Connection Matters

At 6th density:

Duality is reconciled — the light body and consciousness are unified.

The Merkaba field becomes conscious; it's both vehicle and being.

The Higher Self can project fragments of itself into lower densities (you and me) through this geometric matrix of light.

So, metaphorically:

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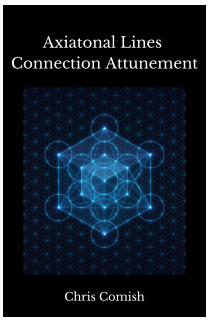

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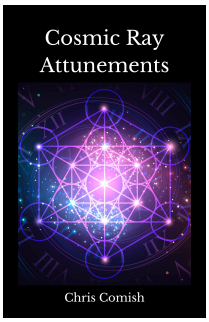

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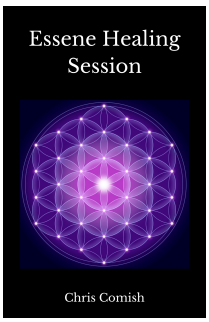

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The 6th-density Higher Self is a living Merkaba — a unified field of self-aware light geometry.

4. Summary

Concept Description

Merkaba Geometric light body; vehicle of consciousness across densities

Higher Self (6th density) Your fully evolved future self; unified in love and wisdom

Relationship The Higher Self exists as a perfected Merkaba field — the living expression of sacred geometry

Function Guides, protects, and informs lower-density selves through light and geometry

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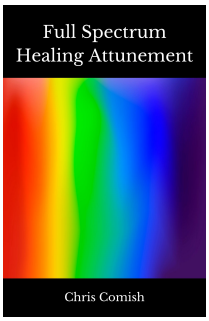

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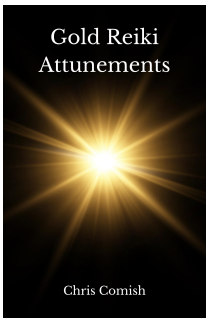

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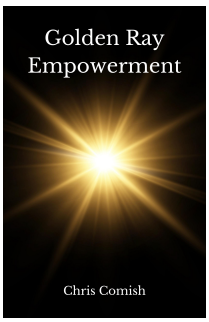

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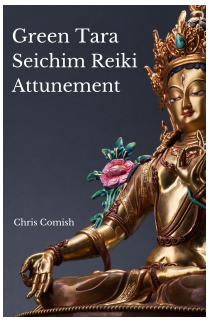

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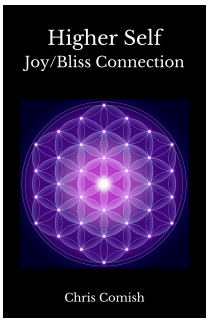

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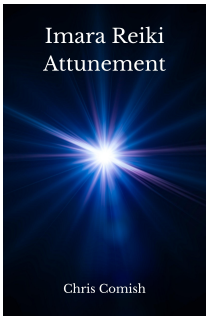

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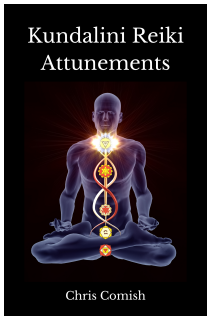

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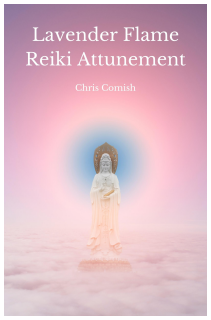

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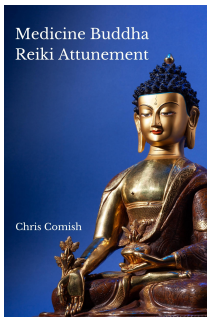

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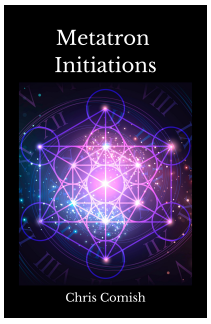

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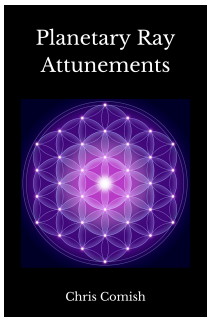

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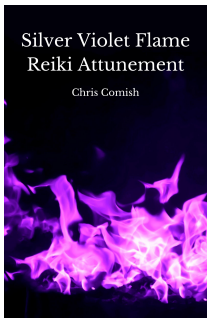

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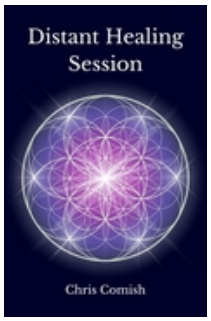

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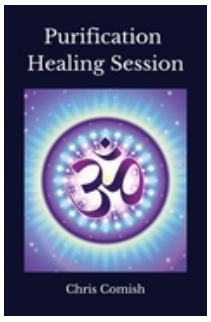

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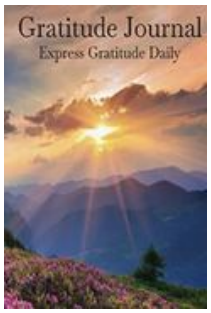

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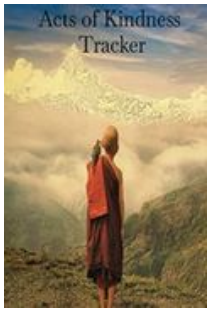

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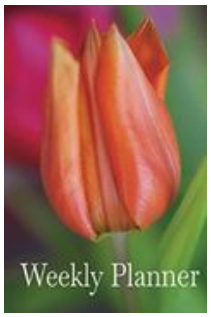

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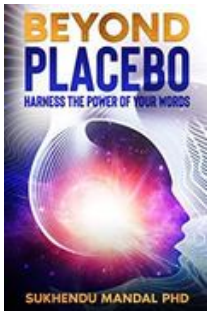
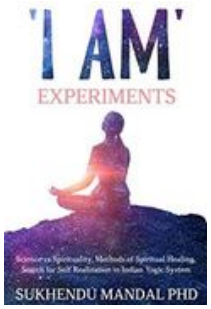
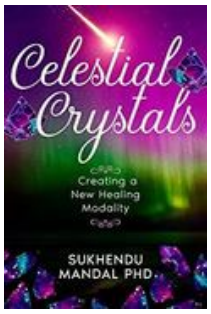
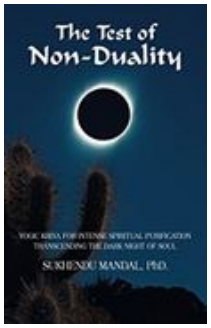
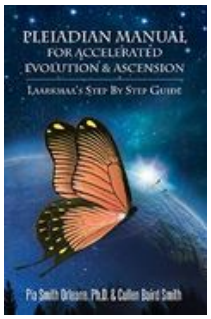


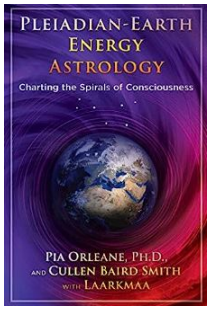






Recommended Reading

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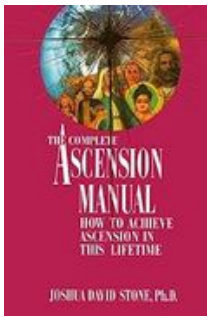
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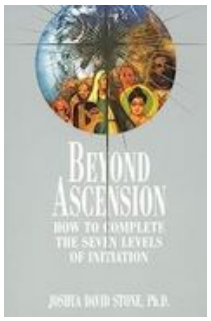
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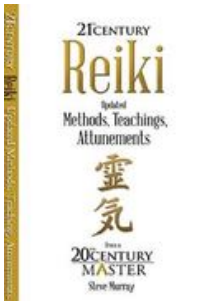
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Steve Murray

David R. Hawkins, M.D., Ph.D.
POWER
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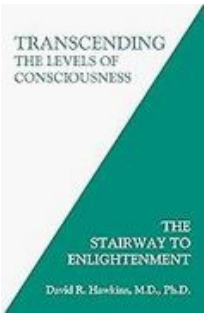
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition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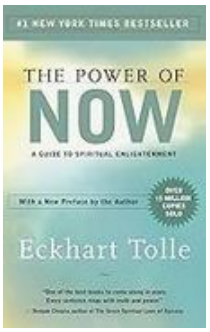
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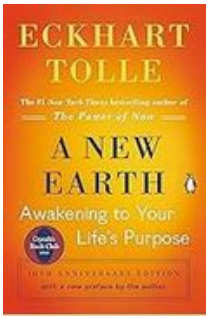
Eckhart Tolle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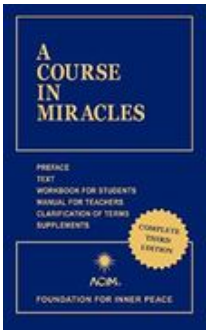
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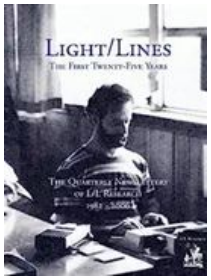
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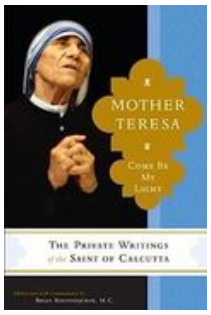
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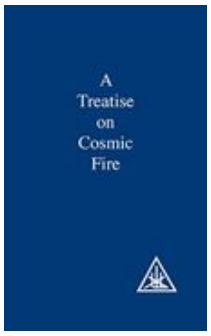
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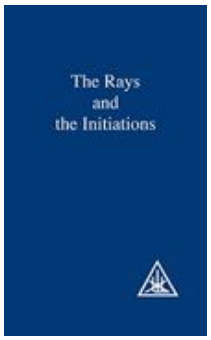
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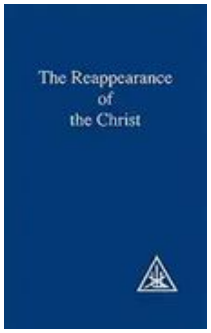
The Reappearance
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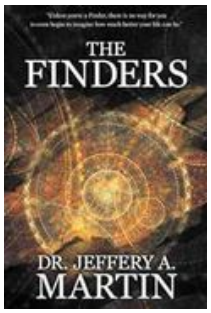
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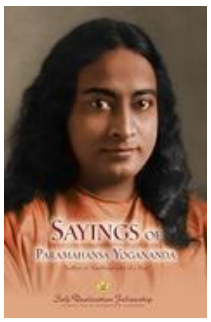
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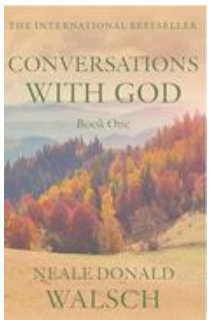
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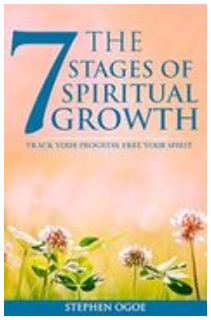
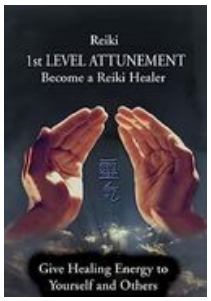
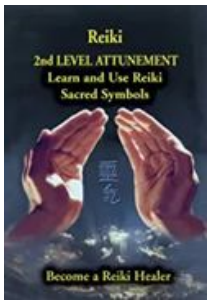
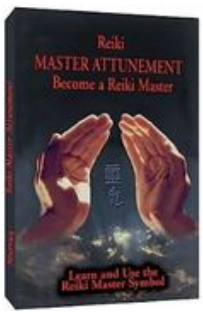
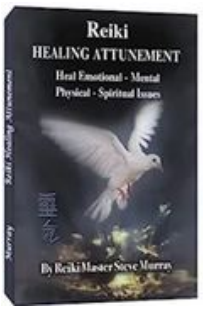


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
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God's Will

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Chris Comish Teachings

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